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in: Black-eyed pea Recipes, Ghanaian Recipes, Ghanaian Vegetarian, Vegetarian Recipes

Bean-Dough Cakes



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Ingredients

- 2 cups [Black-Eyed Peas](#), soaked in [water](#) overnight or for at least 4 hours
- 1 teaspoon [salt](#)
- 1 large [Onion](#)
- [pepper](#) to taste
- 1 large [tomato](#), peeled
- 1 teaspoon [powdered ginger](#)
- 1/2 cup [water](#)
- 1 [egg](#), lightly beaten (optional)
- 2 tablespoons [flour](#) (optional)
- Enough cooking [oil](#) for deep-frying



Directions

Rub soaked beans with fingertips to loosen and remove husks, then wash in a bowl of water. Repeat this several times until husks and all black eyes are discarded. In a blender, grind beans until very smooth, then add remaining vegetables and water. Grind all together with flour (if used) until well blended and a smooth batter is obtained. Pour into a bowl and set aside, covered, for 30 minutes. Stir in salt, pepper, ginger, and egg. Heat oil and deep-fry spoonfuls of mixture until all sides are golden brown. (To form smooth shapes, dip spoon into [water](#) each time before spooning out dough. Also, do not splash, but ease dough gently into the heated [oil](#).) Drain on paper towels and serve warm.

Serves 4 Cooking time: 1 1/2 hours

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